



# The Croydon Chronicle

Fall 2015

## Letter from the Supervisor

As a naturalist, I try not to play favorites when it comes to the seasons but fall is a time of year that I really look forward to every summer. There is a crispness in the air, birds start their migrations and changes abound. Here are just a few of the changes you can expect to see around here this fall.

One of the biggest changes you'll notice is the planned WSSC work in the John G. Hayes Forest Preserve. WSSC has been undertaking the Sewer Repair, Replacement and Rehabilitation program which is an effort to improve the sewer system and protect the Chesapeake Bay watershed. The repair activities will prevent sanitary sewage overflows, improve WSSC service and restore stream habitat. The work is scheduled to start on Sept 1, 2015 and will last until April 1, 2016. During that time portions of the Overlook trail

and Heritage trail will be inaccessible and heavy machinery will be brought in by WSSC contractors to complete the work. You will notice that some trees have been marked for removal, but rest assured that this plan has been reviewed by our City's Forestry staff and that removed trees will be replaced. We look forward to the completion of the project which will improve water quality in Croydon Creek as well as help protect our watersheds.

Another change is an expansion of our campfire programs. In an effort to provide more programming for adults, we are hosting two Happy Hour Campfires this fall on September 25 and October 16 from 6-7 p.m. Join us to sample some local brews and learn some fascinating wildlife trivia as we gather around the campfire.

We are also changing up our meadow area by planting it with some native species generously donated by the Montgomery County Horticultural Services Division. If you are interested in volunteering to Plant The Meadow on September 19 from 9 a.m.-12 p.m. please call us to register.

There is so much going on at Croydon Creek Nature Center this fall. We hope you'll stop by for a visit, but until then, be sure to get outdoors and enjoy nature!

Best,

Elissa Totin  
Nature Center Supervisor

## Croydon Creek Nature Center

852 Avery Rd, Rockville, MD, 20851

### Phone

240-314-8770

### Web address

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

### E-mail

[ccnc@rockvillemd.gov](mailto:ccnc@rockvillemd.gov)

### Hours of Operation

Tuesday through Saturday,  
9 a.m. to 5 p.m.

Sunday, 1-5 p.m.

Closed Mondays

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## Corn Cob Rollers and Vegetable Stamps

### Materials:

Corn cob, paintbrush, acrylic paints, construction paper

### Directions:

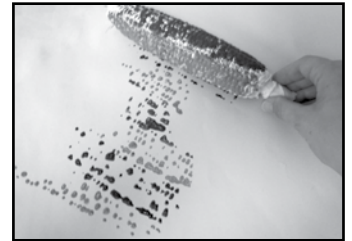
1. Paint different colored stripes onto a corn cob, then roll it onto a piece of paper to create patterns. What does it look like? A honeycomb? A snake skin? Fish scales?
2. Rinse the cob in water and wipe dry between uses.

**Other fruits and vegetables can make interesting patterns too. Try some of these:**

1. Sliced mushrooms. Press them onto an inkpad and stamp them on paper.
2. Cut these fruits and vegetables, dip the cut end into a shallow pan of paint, and gently press them onto paper.
  - a. Whole celery bunch, cut cross-wise at the base will look like a flower bouquet.
  - b. Cabbage head, cut in half will look like a rosette.
  - c. Walnut shell halves will look like a heart.
  - d. Apple, cut across the "equator." There will be a star-shape in the middle.
  - e. Bell pepper, top cut off will look like a clover.
  - f. Star fruit, cut cross-wise will look like a star!

Can you think of any others to try?

### Materials



Bring your group to the Nature Center for a guided field trip to learn about a variety of nature topics from our naturalists.

Great for school groups, scout groups, homeschool groups, mom's clubs and more! Programs are available on a wide array of topics. Customized programs are also available.

**Find our Guide to Field Trips on our website or call us for more information!**

## Party on the Wild Side!

Plan your child's next birthday party at Croydon Creek! Our nature parties are designed to educate and entertain with hands-on programs that highlight the wonders of nature. Choose from seven nature themes that vary depending on age. Whether you choose to meet our reptiles and amphibians up close or go on a geocaching adventure, Croydon Creek provides an exciting birthday experience! Call us or check our website for more information about themes and how to schedule!

**Download our party brochure for more information**



# The Benefits of Spending Time Outdoors

By Melinda Norton,  
Assistant Supervisor



Most people who seek out a nature center are people who appreciate the idea of spending time outdoors. I think it is safe to assume if you are reading this article that you are one of those people. We all have heard the media tell us that the amount of time we spend outdoors is dwindling with the release of each new phone, computer or tablet. We hear experts tell us that the health benefits of the outdoors are endless and that spending time in nature can improve our mood, increase our fitness level and possibly even decrease our chances of developing certain diseases. So why is it that even people like us, those who appreciate the idea of spending time outdoors and likely are aware of the benefits, still stay inside? Our lives are busy; there is no doubt about that. It is easy for us to get distracted by our everyday obligations and neglect little things even when they are beneficial to our own well-being. So, I'd like to take a minute to remind us all of why spending time outdoors in nature is so important.



Studies show that in adults spending time outdoors increases activity level, which helps to battle obesity, regulate insulin levels, improve kidney function, aid in digestion and fight depression and anxiety. Exposure to sunlight increases Vitamin D levels. Increased Vitamin D levels have shown to decrease blood pressure; it assists in calcium uptake, which promotes bone health, and could even reduce the risk of diabetes. It has even been proven that simply looking at natural scenery activates the part of your brain that is associated with balance and emotional well-being as well as improving memory recall and attention span.



For children, spending time outdoors provides lasting benefits to both physical and mental health. Increasing outdoor play increases fitness levels, thus reducing the risk of childhood obesity. It has also been observed that increasing time children spend outdoors can decrease the symptoms of ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder). Encouraging outdoor free play (versus structured play) helps bolster creativity and imagination in children as well as improve critical thinking skills and enhance social skills and interactions. Spending time in nature also increases an

appreciation for the environment and helps to build a sense of community even at a young age.



So why is it that even with all of these proven benefits we still find it hard to make time to spend time in nature? Maybe it seems too difficult or too time-consuming or maybe nature seems too far away? But truly, nature is waiting for you right outside your door. There is a term in Japanese, *shinrin-yoku*, which means forest bathing. Forest bathing is the simple act of spending leisurely time in a forest. I love this idea. Spending time outdoors does not have to be complicated. It can be as easy as taking one task that you normally do indoors and do it outside instead. Read a book, eat dinner, or just relax and take in the fresh air. Take an evening walk to hunt for cicada sheds or your favorite leaves. Come for a hike in the forest preserve or join us for a class at the nature center if you are feeling more ambitious. Whatever it is, big or small, make time to spend time in nature and reap all of the benefits it has to offer.

For more information and research about the benefits of spending time in nature, check out the Children & Nature Network, an organization leading the movement to connect all children and families to nature. They can be found online at [www.childrenandnature.org](http://www.childrenandnature.org).

# CROYDON CREEP



**At the Nature Center**  
**FRIDAY, OCT. 23 6-8 p.m.**

- Spooky Nature Hike
- Magic Show
- Hands-On Activities and Games

*All ages welcome*  
*\$5 per child at the door*  
*Adults and Children under two are free*

*All children must be accompanied  
by an adult.*

[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek) • 240-314-8770

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# The Croydon Chronicle

## Fall Programs

### Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

### Maryland State Symbols - All Ages

You can probably guess the state crustacean but do you know there's a state reptile, a state fossil shell and even a state exercise? Find out more about Maryland state symbols and enjoy a campfire treat.

52568	Sa	9/26	6:45-7:45 PM	\$5/\$6
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### Spooky Stories - All Ages

A campfire provides the perfect setting for some child-friendly spooky stories and a delicious treat.

52569	Sa	10/17	7-8 PM	\$5/\$6
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### Nocturnal Animals - All Ages

Ever wonder what goes bump in the night or whose eyes you see shining back at you in your headlights? Learn about the animals that might be out and about at night in your neighborhood.

52570	Sa	11/7	6-7 PM	\$5/\$6
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### Fairy Gardens

Build your own fairy garden to attract a magical creature to play with you indoors or outside. Register by 9/1.

Age: 4+

52573	Su	9/13	1:30-2:30 PM	\$15/\$19
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### Family Ramble

Join a Naturalist on a hike through the Hayes Forest Preserve. Trails are not stroller friendly. All participants, including adults, must register. Children under 12 must be accompanied by an adult.

### Creepy Crawlies- Age: 1+

Roll logs and investigate the creepy crawly critters that can be found around the Nature Center.

52574	Su	10/18	1:30-2:30 PM	\$4/\$6
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### Fall - Age: 1+

Discover how nature gets ready for winter as you enjoy a hike through the Forest Preserve.

52575	Su	11/8	1:30-2:30 PM	\$4/\$6
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### Happy Hour Campfire

Enjoy some favorite alcoholic beverages and learn some fascinating wildlife trivia as you gather around the campfire at the Nature Center.

### Local Beers - Age: 21+

53068	F	9/25	6-7 PM	\$18/\$22
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### Hard Cider - Age: 21+

53069	F	10/16	6-7 PM	\$18/\$22
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To register visit [www.rockvillemd.gov/guide](http://www.rockvillemd.gov/guide)

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City of  
**Rockville**  
Get Into It

#### Hours of Operation

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9 a.m. to 5 p.m.

Sunday, 1-5 p.m.

Closed Mondays

## Natural Holiday Crafts (Adult/Child)

Spend the afternoon using a variety of natural or recycled objects to make holiday crafts and ornaments. Each participant will complete at least three projects. Adult participation required for children under age 8. Register by: 11/30

Age: 3-10

52567 Su 12/6 1:30-3 PM \$12/\$14

## Nature Tots (Adult/Child)

Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited. Ages 2-5 yrs

### Squirrels

52559 Th 9/17 10-11:30 AM \$8/\$10

### Bats

52560 Th 10/15 10-11:30 AM \$8/\$10

### Nuts and Seeds

52561 Sa 10/24 10-11:30 AM \$8/\$10

### Trees

52562 Sa 11/14 10-11:30 AM \$8/\$10

### Mammals

52563 Th 11/19 10-11:30 AM \$8/\$10

### Rocks Rock

52564 Th 12/10 10-11:30 AM \$8/\$10

## Saturday Story and Hike (Adult/Child)

Stop by the Nature Center for storytime and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required. Ages 2-5

52555 Sa 9/12 10-11 AM \$4/\$6

52556 Sa 10/10 10-11 AM \$4/\$6

52557 Sa 11/21 10-11 AM \$4/\$6

52558 Sa 12/19 10-11 AM \$4/\$6

## Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register. This program is dependent on good weather and clear skies.

Age: 5+

52572 Sa 11/14 6-7 PM \$7/\$9

## SCOUT BADGE DAYS



### WEBELOS FORESTER (Into The Woods) BADGE

Sun., Oct. 4

### WEBELOS NATURALIST (Into The Wild) BADGE

Sun., Nov. 1

**2-4 p.m.**

Naturalists will help you complete the necessary requirements to achieve the badges.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 non-residents

For additional information or to register, call Melinda Norton at 240-314-8771.



## Bird Seed Sale

Check out our website in November for information on our annual bird seed sale  
[www.rockvillemd.gov/croydoncreek](http://www.rockvillemd.gov/croydoncreek)

## Like us on Facebook



Croydon Creek  
Nature Center

